



THE COOKING SCHOOL

Fall/Winter 24-25
Event Catalog

Welcome to Class...

The Cooking School has always been a platform for you to explore food, culinary, and nutrition literacy that will positively impact your food choices and experiences. As we present to you our seasonal catalog of events, we will continue to expand your knowledge of the culinary world with daily classes, networking, post meeting celebrations, and team building events. For more information, please visit our website <https://rivercafes.com/> or send an email to sh-americas-thecookingschool@ubs.com

Details For Virtual Events

What do you need?

- Any computer device you can easily move around: laptop, iPad, smart phone, etc. A working area – kitchen – with an oven and stove.
- Look for the asterisk next to the recipes for those available in a virtual setting and make your selection. If you need a recommendation just let the chefs know. They would be glad to help.
- Virtual Events run for 45 - 60 minutes in a private Teams session. The cooking portion of the class will be about 30-40 minutes. The remainder of time left for participants to network and mingle with each other virtually.
- Prior to your event you will receive the recipe, equipment list, and shopping list, so you are ready to hit the ground running. Menu selections need to be submitted 2 weeks before the event or selection will be chef's choice. All ingredients and equipment should be out and ready prior to class.
- The cooking classes are of no cost; however, the shopping cart is up to you!

Details For In-Person Events

What do I need to know?

- There is a maximum of 10 students per event and a minimum of 6. Please confirm your total guest count one day prior to your event. Please arrive at the Cooking School 5 minutes before your required start time. The chef will check everyone in once they arrive.
- Menu selections need to be submitted 2 weeks before the event or selection will be chef's choice, as well as any information on food allergies or dietary restrictions in the group.
- Check out the mixology page and add a cocktail to your event.
- Bring your appetite and have fun! The chef will do the rest.
- The cooking classes are of no cost.

Health & Wellness

Each UBS Cooking School recipe is carefully crafted to combine fresh, wholesome ingredients while reducing food waste and keeping sustainable cooking top of mind. We have categorized some of the recipes in the guide to help you better identify the wellness benefits.

- (P) – Plant Forward
- (S) – Sustainability Driven
- (SW) – Healthy Food Swap
- (SF) – Fall & Winter Superfoods

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Holiday Celebrations

The UBS Cooking School celebrates the holidays with festive recipes that will prepare you for the holiday season, whether you are hosting parties or bringing a dish to a potluck. From regional favorites to international holiday dishes, the cooking school is here to round out your seasonal menus. Join Chef Sydney and Chef Brian as they take you and your team on a delicious Cooking School journey.

Please select from the following class options:

Haitian Pumpkin Spice Soup (P, SF, SW, S)

Fondue Party: Classic Alpine Cheese Fondue* (P)

Puff Pastry Tarts with Wild Mushrooms & Gruyere (P, SF)

Thanksgiving Stuffing Inspired Braised Chicken* (SF, SW)

Tzimmes Style Chicken with Carrots, Orange & Thyme* (SF, SW)



* Available as Virtual

Did You Know?

- Studies show that nearly 50% of the US population stuffs their Thanksgiving bird! In 1972, the Stove Top brand founded the popular boxed stuffing. Around Thanksgiving, they sell nearly 60 million boxes of stuffing!
- Fondue is the French word for "melted". The dish dates back to the 17th century when a bare bones version called for cheese, wine, and bread for dipping.
- Tzimmes is a traditional Ashkenazi Jewish stew often part of the Rosh Hashanah meal.

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Cold Weather Comforts

When you're having a tough day, or it's rainy and chilly, or feeling a bit nostalgic, a familiar dish is the thing to make everyone feel okay. There's a reason certain recipes are called *comfort* food. The amazing UBS Cooking School chefs have put together a selection of some of their favorite comfort food recipes guaranteed to lift your spirits. Take a look at the selections below and prepare for something delicious, and of course comforting.

Please select from the following class options:

Grilled Cheese & Tomato Soup* (P)

Baked Three Cheese Mac n Cheese* (P)

Penne alla Vodka & Garlic Bread* (P)

Herb Baked Shrimp with Lemony Greens & White Beans (S, SF, SW)

Southwestern Green Chili Chicken Skillet (SF, SW)



*Available as Virtual

Did You Know?

- Comfort Food is food that provides a nostalgic or sentimental value to someone and may be characterized by its high caloric nature associated with childhood home cooking.
- Mac n Cheese is so popular it has its own holiday! Be sure to enjoy a comforting bowl on July 14th, National Macaroni and Cheese Day.
- Penne alla vodka became very popular in Italy and the US during the 1980's when it was offered to discotheque customers, becoming an icon of the fashionable cuisine of the time. Even today, the dish remains a staple of Italian-American cuisine.

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Across The Globe

The UBS Cooking School takes a trip around the globe to bring you some great international dishes that are sure to please even the most experienced of world travelers. Chef Sydney and Chef Brian will take you on a trip to deliciousness featuring dishes and ingredients inspired by classic global cuisines. Get your team together and take a trip with the UBS Cooking School. Bon Appetit!

Please select from the following class options:

Sweet & Sour Tofu with Stir Fried Vegetables* (P, S)

Teriyaki Salmon & Sesame Cucumbers*

Mediterranean Seared Tuna with Marinated Peppers & Artichokes* (SW, SF)

Chicken Marsala with Olive Oil & Herb Orzo (SF)

Swiss Meatballs in Mushroom Cream Sauce (SF)



*Available as Virtual

Did You Know?

- Tofu has been consumed in China for over 2,000 years and is still currently one of the most prepared foods in the world.
- The artichoke is technically a flower bud that hasn't bloomed. If allowed to flower, the blossoms measure up to seven inches in diameter and are a vibrant violet-blue color.
- Marsala wine is not just for cooking; many styles are fine enough for sipping, with some of the most sought-after bottles fetching over \$1,000 USD each!

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Hit List Favorites

The UBS Cooking School has curated a special class list of “greatest hits”. These offerings are some of our students all time favorite classes over the years. Whether you’re looking to host your very own pizza party or become a skilled sushi chef, these classes are sure to please a crowd.

Please select from the following class options:

Pizza Party Workshop (P)

Sushi 101 (SW)

Chinese Dumplings with Soy Vinegar Sauce

Maryland Crab Cakes & Remoulade*

Spice Rubbed Steak Tacos with Pickled Red Onions*



*Available as Virtual

Did You Know?

- Americans love pizza! Americans eat about 100 acres of pizza a day according to the National Association of Pizza operators. That’s almost 350 slices per second!
- Dumplings aren’t made to be cut; they’re the original on-the-go food meant to be eaten in one bite
- It’s thought that the first published recipe for crab cakes appeared in the 1891 cookbook "Cookery With a Chafing Dish" by Thomas J. Murrey, a caterer whose resume included stints at the Astor House in New York and The Continental in Philadelphia.

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Desserts

Looking for a class that will satisfy even the most extreme of sweet toothers? You have looked in the right place. The UBS Cooking School team has chosen some of the most unique sweet dishes that will be sure to please. Join Chef Sydney and Chef Brian for a culinary adventure that your team won't forget. Satisfy that sweet tooth and sign-up for an event today.

Please select from the following class options:

Holiday Cookie Decorating (P)

Festive Raspberry & Mascarpone Trifle* (P, SF)

Classic Chocolate Pudding with Vanilla Whipped Cream* (P)

Pumpkin French Toast with Caramelized Bananas* (P, SF, S)

Honey Ricotta Blintzes & Blueberry Sauce* (P, SF)



*Available as Virtual

Did You Know?

- The word "dessert" originated from the French word "desservir", meaning "to clear the table." This refers to the fact that desserts are served after the other dishes are cleared off the table.
- Each year, seven billion chocolate chips are consumed in the United States. This equates to over 19.2 million cookies eaten a day.
- The chocolate river in the movie Willy Wonka and the Chocolate Factory was made of real chocolate. It contained 150,000 gallons of water mixed with chocolate and cream. The cream made the mixture spoil quickly on set.

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Mixology

Learn to shake, stir, and pour just like a skilled mixologist. Join the UBS Cooking School chefs as they guide you through preparing some of their favorite seasonal cocktails and mocktails. Pick 3 of these fantastic seasonal options and you will be on your way to becoming the best cocktail party host around. You can also choose our "Shake n Bake" class which allows you to pick one cocktail to mix while baking some delicious savory tarts. You can also add a cocktail recipe to any of our other amazing classes. Cheers!

Please select from the following class options:

Mulled Spice Gin Spritzer* (P, SF)

Rum Spiked Cider* (P, SF)

Blood Orange Bourbon* (P, SF)

Cranberry Ginger Mocktail* (P, S, SF)

Shake n Bake: Mixology & Hors d'Oeuvres (P, SF)



*Available as Virtual

Did You Know?

- The first documented cocktail recipe appeared in "The Balance and Columbian Repository" in 1806. The recipe was for a concoction called the "cock-tail," which consisted of spirits, sugar, water, and bitters.
- The Original Margarita was created when Dallas socialite Margarita Sames mixed her two favorite spirits, Cointreau and tequila, together with lime juice while she was vacationing in Acapulco back in 1948.
- Gin used to be rationed to naval sailors. Gin was drunk with lemons – for a source of Vitamin C – for medicinal reasons, most notably to stop scurvy. They also used to test the quality, and strength, of their gin by mixing it with gunpowder to see how well it lit. I'm sure it was fun, but what a waste.